

# In the Know

*The Inservice Club for Nursing Assistants*

## Instructions for the Learner

We hope you enjoy this Inservice, prepared especially for nursing assistants like you. You work very hard, and we appreciate the effort you make to complete these educational materials. It shows your desire to continue learning and growing in your profession.

### What will you learn?

*After finishing this inservice, you will be able to:*

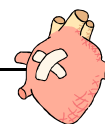
- Explain the warning signs of a heart attack.
- Name the three risk factors that can't be changed or controlled.
- Describe the four risk factors that can be changed or controlled.
- Explain the relationship between life style and the prevention of a heart attack.
- Discuss at least six ways you can help your clients who have had heart attacks.

### Instructions for the Learner

If you are studying the inservice on your own, please do the following:

- Read through **all** the material. You may find it useful to have a highlighting marker nearby as you read. Highlight any information that is new to you or that you feel is especially important.
- If you have questions about anything you read, please ask \_\_\_\_\_.
- Take the quiz. Think about each statement and pick the best answer.
- Check with your supervisor for the right answers. You need **8 correct** to pass!
- Print your name, write in the date, and then sign your name.
- Keep the inservice information for yourself and turn in the quiz page to \_\_\_\_\_ no later than \_\_\_\_\_. Show your Inservice Club Membership Card to \_\_\_\_\_ so that it can be initialed.

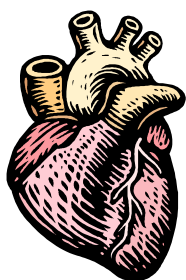
**THANK YOU!**



# In the Know

*The Inservice Club for Nursing Assistants*

## Heart Attacks & the Heart



Have you heard of a “**myocardial infarction**”? It means “*death of the heart muscle*” and is the medical term for a heart attack.

For many years, people thought that heart disease was a “man’s disease”. But now we know that plenty of women have heart attacks, too!

### **A heart attack can happen:**

- 1) **any time...day or night**
- 2) **anywhere...during rest or exercise**
- 3) **to anyone...male or female!**

The heart is a hard working machine—and probably the most important muscle of the entire body. The heart’s job is to pump blood and oxygen to every part of the body.

For the heart to pump, it needs a huge amount of oxygen itself. So, to keep the body going, the heart “feeds” itself first. The rest of the body gets the *leftover* oxygen.

A heart attack happens when oxygen can’t get to one part of the heart because of a blockage in a heart blood vessel. This blockage might be temporary or permanent, but, either way, it prevents oxygen from getting to the heart. The heart muscle gets so “starved” for oxygen that it becomes damaged or even dies.

It’s very important to learn about the risk factors and the warning signs of a heart attack so that you can help your clients— *before, during, and after* a heart attack.



So, read on to find out more information about heart attacks and how they can affect your clients. You may be surprised at what you learn!

**And, remember...**

**What people don’t know about heart attacks can kill them.**

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### **Inside this issue:**

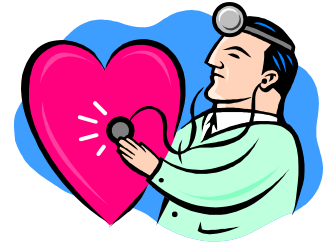
<i>Heart Facts</i>	2
<i>Heart Attack Warning Signs</i>	3
<i>Heart Attack Risk Factors</i>	4
<i>What Do Doctors Know About Heart Attacks?</i>	6
<i>Heart Attack Treatments</i>	7
<i>Tips For Helping Your Clients</i>	9

### **Special points of interest:**

- See page 5 for information about how smoking, alcohol and cocaine affect the heart.
- See page 8 for information about coping after a heart attack and to read a few interesting facts about heart attacks.
- See page 11 for more Information about heart attacks.

## A Few Heart Facts

- The heart is a muscle. It's about the size of a large fist and works like a "pump" to move blood throughout the body.
- The heart is 80% water and weighs about 10 ounces. And most of it is hollow!
- During a person's lifetime, the heart never stops moving. It beats over 100,000 times every day. (And a *healthy* heart never gets tired.)
- The sound of a heartbeat is actually caused by the strong pumping action of the heart.
- The average person's heart beats around 60 to 80 times a minute. (An elephant's heart beats only 20 to 25 times a minute. A mouse's heart beats more than 500 times each minute.)
- An adult's body contains about 6 quarts of blood which it pumps around and around the body several times a minute. By the end of the day, it's as if the heart has pumped over 2000 gallons of blood!



## Superstitions about Heart Disease

*Believe it or not, people once thought that...*

- Heart troubles were caused by the lungs getting wrapped around the heart.
- If people wore gold watches near their hearts, they would be at risk for heart disease.
- A fluttering heart could be cured by wearing a necklace made out of nutmeg.
- It was good for the heart to wear a brass ring on the first finger of the right hand.
- If a person's nails showed white half moons on each finger, he or she would have heart trouble.
- To help slow down a racing heart, a person should take 8 drops of caraway oil on a lump of sugar, and avoid climbing stairs.

*(Adapted from University of Ottawa Heart Institute: The Heart Facts)*



## Famous People Who Died from Heart Attacks

- **Gracie Allen**—actress & wife of comedian George Burns; she died at age 58.
- **John Candy**—actor & "funny man"; he died at age 42.
- **Ian Fleming**—author of the James Bond novels; he died at age 56.
- **Walter Matthau**—actor & heavy smoker; he died at age 79.
- **Frank Sinatra**—singer & actor; he died at age 82.
- **Errol Flynn**—actor who played Robin Hood in the original movie; he died at age 50.
- **Spencer Tracy**—actor who often worked with Katharine Hepburn; he died at age 66.
- **Wolfman Jack**—radio personality & heavy smoker; he died at age 57.





# Heart Attack Warning Signs!

According to the American Heart Association, the following are **common** warning signs of a heart attack:



- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest—the *pain lasts more than a few minutes or may go away and come back.*
- Pain spreading to the shoulders, neck or arms.
- Lightheadedness, fainting, sweating, nausea, or shortness of breath.

Other warning signs that are **not** as common include:

- Unusual stomach or abdominal pain.
- Nausea or dizziness.
- Shortness of breath and difficulty breathing.
- Unexplained anxiety, weakness or fatigue.
- Palpitations (a racing heart), cold sweat or paleness.
- Not everyone has all the warning signs and/or

all of the symptoms of a heart attack.

- Sometimes there aren't any symptoms—some heart attacks kill with no warning at all!
- To make things even more difficult, the symptoms of a heart a heart attack aren't always clear cut. People tend to brush them off as minor problems such as heartburn or the "flu".
- Denial is another common symptom of a heart attack. And, denial can be *deadly*. It prevents people from getting the help they need. (*Remember...doctors can do the most good in the first hour after the heart attack.*)
- **If you think someone is having a heart attack, call 911 right away!**

Heart attack victims have described their "discomfort" as:

*"pressure in the chest"*

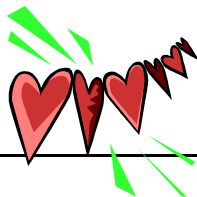
*"a feeling of weakness"*

*"a feeling of indigestion"*

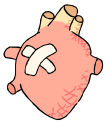
*"having a touch of the flu"*

## What Happens During a Heart Attack?

- A heart attack happens when one of the heart's blood vessels becomes blocked by a blood clot or a buildup of fat. (These fatty deposits—*also called plaque*—are signs of a heart disease called atherosclerosis.) The blockage keeps blood and oxygen from getting to the heart, and the heart tissue begins to die.
- Usually, a heart attack causes chest pain called angina. The pain is severe during a heart attack—usually lasting 15 minutes or more. Angina medicine won't make the pain go away.



- A heart attack can be *mild* or *severe*. If it's mild, only a small area of the heart is affected. If it's severe, a large area is affected and may be permanently damaged. The victim may die.
- Remember, sometimes there are no symptoms and victims don't even know they have heart disease. These "silent" heart attacks can kill right away. This is called sudden cardiac death (SCD) or cardiac arrest. The victim's heart stops beating. There is no breathing, no pulse and sudden loss of consciousness. It happens instantly or right after the warning signs start.



# Heart Attack Risk Factors

A risk factor is a characteristic that *increases* a person's chances of a heart attack. According to the American Heart Association, there are two types of risk factors—1) those that *can't* be changed or controlled, and 2) those that *can* be changed or controlled.

## 1) Risk factors we have to live with (that *can't* be changed) include:

- Family history (heredity)— Heart attacks can run in families. The *number* of relatives and their *ages* when they had heart attacks determine how strong the risk is.
- Age—Risk of a heart attack gets higher with age for *both* men and women.
- Sex (being male)— Men have a higher chance of having a heart attack than women and they have them earlier in life. Men die more than women, even though heart disease is the leading cause of death for women.

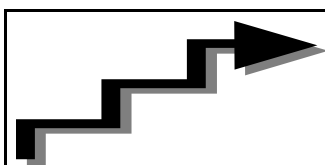
## Other Factors

### Other risk factors that may affect a client's chances for a heart attack include:

- Diabetes— Studies have found that diabetes doubles the risk of a heart attack. Over time, diabetes can damage the heart tissue and blood vessels. This can lead to heart failure.
- Stress—Researchers are finding that stress may have something to do with heart attacks. Stress causes some people to overeat, to start smoking or to drink more which can make the other risk factors worse.

## 2) Risk factors we don't have to live with (that *can* be changed) include:

- Exposure to Cigarette Smoke—Smoking is the most *preventable* cause of early death. Second-hand smoke should also be avoided.
- High Blood Cholesterol—Eating high cholesterol foods increases the risk of getting clogged arteries. The higher the cholesterol level, the greater the chance of having a heart attack.
- High Blood Pressure—This makes the heart work harder which causes it to get larger and weaker.
- Lack of Exercise—Not being active is a risk factor, too. The heart needs even *more* oxygen when a person doesn't lead an active lifestyle. Regular exercise helps keep the heart healthy.



*The more risk factors your clients have, the greater the chance that they will have heart problems.*

# Heart Attacks and Smoking

- Smoking increases a person's chance of having a heart attack or a stroke.
- More smokers die from heart disease than from lung cancer!
- People who smoke have two times the risk of developing heart problems than non-smokers.
- Smoking is a risk factor for sudden cardiac death. Smokers have two times the risk of SCD than non-smokers.
- Smoking has a bad affect on the other heart attack risk factors—like making it hard to control blood pressure.

## What Does Nicotine Do?

Nicotine, a chemical in cigarettes, increases heart rate and increases the heart's need for oxygen. It raises blood pressure for a short time and can cause blood clots, too.

- Smoking puts a *poisonous gas* called "carbon monoxide" into the blood. This keeps the heart from getting its much needed supply of oxygen!
- Victims of heart attack have a higher success rate in giving up smoking than smokers who don't have heart problems.



# Heart Attacks and Alcohol

- Studies have shown that drinking small amounts of alcohol may decrease heart disease and heart attacks by 20-40%.
- *Small to moderate* amounts of alcohol may help the heart by thinning the blood so clots don't form. (And, it may prevent the narrowing of arteries by lowering cholesterol levels.)
- It has been found that wine—especially red wine—gives more protection than beer or hard liquor.

- But, drinking too much alcohol can cause rapid and irregular heart beats and can affect the heart's ability to pump, which are two of the biggest causes of death after having a heart attack.
- Remember...alcohol may also increase the chances of having a stroke. And, too much alcohol can cause other health problems like alcoholism, liver disease, nerve damage, and birth defects.



# Heart Attacks and Cocaine

- Over 30 million Americans have tried cocaine and about 5 to 6 million people use cocaine regularly.
- Cocaine use is a risk factor for heart attacks and sudden cardiac death.
- A recent study reported that within the first hour of using cocaine, a person has a 24% higher chance of having a heart attack.
- Cocaine users tend to be men who also smoke cigarettes.

- Researchers report that first time cocaine users have as much risk of having a heart attack as long time users!
- Cocaine affects the heart in many bad ways. It makes blood pressure higher, causes irregular heart beats, seizures, and blood clots. Cocaine may also squeeze the heart arteries so tightly that the blood flow to the brain and heart stops, causing a heart attack or a stroke.



# What Do Doctors Know about Heart Attacks?



- Doctors agree that it's very important to know the warning signs and symptoms of a heart attack! Knowing the signs—and paying attention to them—may just save a life.
- It's critical for a heart attack victim to get to the hospital within one hour of when the symptoms of a heart attack start.

Getting help early on in a heart attack can prevent further damage to the heart tissue. Remember...the amount of heart tissue that dies during a heart attack determines the victim's chances of surviving.

- Also, if caught early, doctors can give certain medications that help stop a heart attack while it's happening.
- Clients who have heart attacks will have many, many tests done to them to find out what happened to the heart and why. There are several routine tests that you may have heard about, including:
  - EKG (electrocardiography)—This test lets doctors know when a heart attack has happened and if another heart attack is going to happen.
  - Monitoring devices—These devices watch heart attack victims for warning signs of another heart attack.
  - Blood tests—Lab tests check for certain chemicals in the blood that tell doctors how severe a heart attack was and how much damage it did.
  - Chest x-ray—This test is used to find out if the heart is enlarged or to check for fluid in the lungs.
  - Ultrasound—This routine test gives a clear picture of the heart size and its overall condition.

- Other tests that may be used are angiography (measures blood oxygen), MRI (computerized pictures), and CT (pictures of the heart).
- In addition, doctors do a complete physical exam which includes questions about family history and the victim's lifestyle—like eating habits, and smoking. There are also follow-up tests that may be repeated frequently, including:
  - Blood pressure tests—to show if there is a high blood pressure problem called *hypertension*. If this is left untreated, it can be harmful for the heart.
  - Blood tests—to check for high cholesterol and high blood sugar levels.
- It's a good idea for you to know a little bit about some of these tests—especially the tests that will be performed while a client is in your care.
- People who have had one heart attack are at risk for having a second one. So, remember, there is always the chance that one of your clients could have another heart attack while under your care. You can help by knowing the warning signs, telling your supervisor immediately, and/or calling 911 to get immediate medical attention.

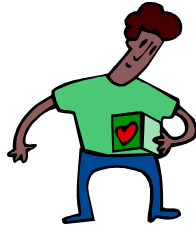
## Heart Attack Complications

- *A racing heartbeat*
- *Heart rate slower than normal*
- *Heart rate faster than normal*
- *Very high blood pressure*
- *Very low blood pressure*
- *Heart failure*
- *Blood clots*
- *Angina*
- *High Fever*
- *Pneumonia*
- *Cardiac arrest*
- *Death*



# Heart Attack Treatments

- So far, there's no way for doctors to *repair* heart tissue that's been damaged by a heart attack. The victim's heart has to learn to work harder with *less* heart muscle. This makes the heart weaker.



- The location of the damage makes a difference, too. If the heart attack is in the *front* portion of the heart, it's a more serious situation than if the damage is in the *lower* part of the heart.
- Most victims of heart attack must take medications to help their damaged hearts. The medications help prevent another heart attack. Some medications are taken for a few weeks or months and others must be taken forever.



- You can help your clients by knowing a bit about common **heart medications**—*especially their side effects*:

- Aspirin therapy—helps prevent blood clots. *Side effects*: bleeding and increased risk of stroke.
- Blood pressure drugs—help protect against heart attack, stroke, and heart failure. *Side effects*: muscle cramps and weakness, poor appetite, swelling in the joints, cough, rash, headache, and fatigue.
- Cholesterol-lowering drugs—help bring down cholesterol levels when diet alone can't do it. *Side effects*: intestinal discomfort, diarrhea, constipation, nausea, vomiting, gas, flushing of skin, itching, and skin rash.

- Anticoagulant drugs—help prevent blood clots. (Also called blood thinners.) *Side effects*: excessive bleeding from cuts, easy bruising, bleeding gums, nose bleeds, red urine, and red or black stool.
- Arrhythmia Drugs—help keep the heartbeat steady. *Side effects*: nausea, vomiting, headache, loss of appetite, and change in vision.

- For some heart attack victims, changing life style habits and medications are not enough. They need **surgical procedures**. You may work with clients before or after they undergo these common surgical procedures:



- Coronary Angioplasty (PTCA)—a procedure that widens heart arteries by inserting a tube with a small balloon on the end.
- Coronary Bypass (CABG)—a major “open heart” surgery that creates a detour around the heart blockage by using a vein from the leg or groin.
- Pacemaker—a small electronic device that surgeons place under the collarbone. (It can be temporary or permanent.) A pacemaker makes the heart beat strongly and regularly by giving it a little electrical “shocks”.
- Defibrillator—a larger electronic device that surgeons put in the abdomen. It delivers a *stronger* electrical charge to the heart than a pacemaker.
- Valve Replacement—the heart has valves that sometimes need to be replaced to keep the heart from “leaking”.





# Coping after a Heart Attack



- The first week or two after a heart attack can be the hardest time for clients and their families.
- People who've had heart attacks often feel a mix of emotions. These emotional "swings" can be mild or severe. You can help!

- Emotions that a client may experience include:

FEAR

ANXIETY

ANGER

DEPRESSION

1. Fear—Clients may have a fear of death and pain. Some may become overly dependent on family members (or you!) because they are afraid to be by themselves or to do anything strenuous.
2. Anger—Most clients go through a phase of being angry about what happened to them. They may ask "Why me?"
3. Anxiety—Clients may worry about many things like getting used to the changes in their lives.
4. Depression—This may be the most difficult of the emotions. Clients may feel that "life is over". See page 9 for more information about depression.

## A Few Interesting Facts about Heart Attacks



- More than 1.5 million people suffer from heart attacks in the United States each year. 500,000 of them die.
- Heart attack is the single most common cause of death in the U.S.
- A heart attack happens once every 20 seconds. And, someone dies of a heart attack every minute of every day!
- About 14 million Americans have a history of heart attacks or angina.
- Almost half of the people who die each year from heart disease are women. Women are more likely to die from sudden cardiac death.
- More than 11 million people in the United States have survived a heart attack!
- Only 5% of all heart attack victims are under 40 years old. 45% are under age 65. More than 50% are over age 65.
- The risk of having a heart attack increases with every 10 years of life.
- Studies in Germany proved that the risk of having a heart attack is highest on Mondays!
- Heart attack victims wait too long to get to the hospital. The average delay is **one** hour.
- Studies have found that women wait 2 to 4 hours *longer* than men to get treatment for heart attack symptoms.
- Every year, more than 250,000 heart attack victims die within **one** hour of beginning of symptoms—*before getting to the hospital!*
- If these heart attack victims could make it to the hospital, only 6% to 9% of them would die.
- There are about 225,000 *sudden* cardiac deaths each year in the United States. About 50% of these deaths happen to people with no history of heart disease.
- Did you know that chewing on two aspirins at the first signs of a heart attack symptoms helps reduce heart muscle damage?
- Heart attacks involving the left side of the heart are more common than those involving the right side.
- African Americans have a higher chance of having a heart attack than other ethnic groups.



# Tips for Helping Clients Who've Survived a Heart Attack!



## Medications

- Remind your clients to take their medications ON TIME! These medications are doing a very important job—*helping the heart and blood vessels work better*. If medications aren't taken on schedule, they won't work as well.
- To help your clients remember when to take their medications, suggest that they use a watch or a pill box with an alarm.
- Remind your clients to take their medications as directed by their doctor—*no more or no less!* There can be serious side effects if the doctor's orders aren't followed exactly.
- If you notice that your client is *skipping* a dose or not taking the correct amount of medication, tell your supervisor right away!
- Encourage your clients to carry a day's worth of medicine with them at all times. They should never be without their medications.
- If your clients are mixing their heart medications with other prescription or over-the-counter drugs, let your supervisor know about it immediately.
- Encourage clients who manage their own medications to organize them in a pill organizer or some other labeled container. This can help them remember to take their medications on time and prevent medications from getting misplaced.
- Suggest to clients who manage their own medications that they keep their medications in the same place every day so that they remember to take them and don't lose them.



- Watch your clients for any side effects from their medications. (See page 7 for side effects.) Report any changes to your supervisor.
- Remind your clients not to share their medications with anyone! It can be very dangerous.

## Emotions

- Be alert! Depression is very common in heart attack survivors. It can be mild or serious and may last several months. But, if a client is depressed all the time, it can be hard on the heart. Watch your clients for the signs of depression and report any changes to your supervisor.
- Be patient! Many heart attack survivors have feelings of anger and guilt. They may be irritable and cranky about their situation and may resent that other people are healthier than they are. Try to be understanding and do a little something extra to make them feel better, like telling them they are looking better every day or that they have a nice smile.
- Be reassuring! Many clients worry about every little thing. They may be afraid of being alone or of doing any kind of exercise/activity at all.



### Some Signs of Depression

- *Weight loss or weight gain*
- *Lack of energy*
- *Overwhelming feelings of sadness*
- *Anxiousness*
- *Sleeping more or less than usual*
- *Loss of interest in usual activities*
- *Lack of interest in bathing*
- *Tearfulness*
- *Thoughts of death and suicide*
- *Unable to concentrate, remember, or make decisions.*

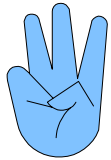


# More Tips for Helping Your Heart Attack Clients!

## Nutrition/Diet

- Encourage your clients to eat properly! Eating a well-balance diet is very important for people who've had a heart attack.
- Be supportive! Most people who recover from heart attacks have to change their eating habits—*especially if they are overweight, have high cholesterol, or high blood pressure.*
- Help your clients choose healthy foods. Most likely, they will be watching their fat, cholesterol, salt and calorie intake. Help them make the right choices by reading the nutrition fact labels on food cartons.
- Be sure to check the fat content, especially for clients who have high cholesterol levels. According to the American Heart Association, total fat intake should make up **30 % or less** of all the calories that people eat.

**Keep this in mind when you look at nutrition fact labels . . .**



***If a food contains more than 3 grams of fat for every 100 calories, it is considered a high fat food.***

- If you cook for your clients, do your best to check the fat, salt, and calorie content of the foods you serve. Also, watch the serving sizes. Is it the same one that's on the label? If you serve double the amount, then you need to double the *fat, salt, and calorie* content.
- Keep in mind that you can lower the fat content in some foods by using substitutes. For example: use **non-fat milk** not whole milk; **margarine** not butter; **two egg whites** not one egg; and **low-fat yogurt** not sour cream.



*Did you know that it takes about 3,500 extra calories to gain just one pound?*

- Praise your overweight clients when they lose some weight. Extra weight is hard on the heart. Losing even a few pounds can be helpful to their overall health.
- Help your clients watch their salt intake—especially if they have high blood pressure. Often, a low-sodium diet (less than 2,000 milligrams of salt a day) helps lower the blood pressure. Since many foods already have some amount of salt in them, it's a good idea not to add anymore. So, don't pass the salt shaker!
- Encourage your clients to drink a lot of fluids (at least 8 cups every day).

## Exercise

- Check with your supervisor about encouraging your clients to get regular exercise. Overall, physical activity is good for the heart, but your clients may need a special exercise program or have specific *do's* and *don'ts* from their doctor.
- Exercise should be enjoyable! After checking with your supervisor, try exercising with your client. It's usually more fun to do it with someone and it's good for you, too. Take a walk around your client's home, within your facility or even outside.
- Remind your clients to pace themselves! Don't let them do too much at once. Encourage them to start slow and to take it easy.
- Be watchful! Report any problems to your supervisor right away.



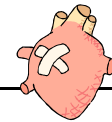
# A Few More Tips for Helping Your Heart Attack Clients!

## Miscellaneous

- Encourage your clients—and their family members—not to smoke! And, remember...a person is never too old to quit.
- Of course, quitting isn't easy. On average, smokers try to quit at least five times before they actually do it. There are a lot of products in the stores that can help—like nicotine patches, nicotine gum, nicotine nasal spray, and nicotine inhalers. Keep encouraging your clients to stop.
- Follow your workplace policy on CPR (Cardiopulmonary Resuscitation). About 100,000 to 200,000 lives can be saved if CPR is done early enough and in the right way. Keep in mind that people who aren't trained in CPR shouldn't try to do it.



- Be prepared. If you have to call 911 in an emergency—follow these tips for communicating with the 911 operator:
  - **Location**—Where are you? Give the full address. Describe nearby roads and landmarks.
  - **Phone number**—The operator may need to call you back.
  - **Problem**—Exactly what happened?
  - **Victim(s)**—Who needs help? Describe the victim's condition and what is being done for that person.
  - **Don't hang up**—Let the operator hang up first. That way you know you've provided all the needed information.



### Want More Information About Heart Attacks?

#### Try the American Heart Association (the AHA)

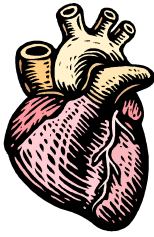
The AHA is a national organization that provides a lot of different information about heart attacks and heart disease. They can also tell you the location of your *state* and/or *local* AHA offices. Your local American Heart office offers classes, including CPR classes.

Call.....1-800-242-8721 (free of charge)

Or check out their web site.....[www.americanheart.org](http://www.americanheart.org)

**And remember...**

**The best heart attack is the one that *doesn't* happen!**



# In the Know

*The Inservice Club for Nursing Assistants*

## Are You “In the Know” About Heart Attacks?

Circle the best choice, or fill in your answer. Then check your answers with you supervisor!

**1. TRUE or FALSE**

Only older men are at risk for heart attacks.

**2. TRUE or FALSE**

A healthy heart never gets tired.

**3. TRUE or FALSE**

The heart tissue that is damaged by a heart attack can be repaired.

**4. TRUE or FALSE**

It's very important for someone having a heart attack to get to the hospital within one hour of the beginning of symptoms.

**5. A heart attack can be caused by:**

- A. Blood clots
- B. Fatty deposits called plaque
- C. Very high blood pressure
- D. All of the above.

**6. Your client, Mrs. White, is afraid to exercise since having a heart attack. You should:**

- A. Let Mrs. White rest since she's probably tired.
- B. Tell Mrs. White that it's safe to exercise before noon.
- C. Tell your supervisor if Mrs. White continues to refuse to exercise.
- D. Tell Mrs. White that she can stay in bed if she does range-of-motion exercises.

**7. It's a good idea for most heart attack survivors to change their \_\_\_\_\_ style.**

**8. Mr. Lee is recovering from a heart attack and he has high blood pressure. He asks you to add salt to his food. You tell him:**

- A. "You can have more salt if you skip dessert."
- B. "Too much salt isn't good for you."
- C. "The doctor ordered a low-salt diet and I have to follow her orders."
- D. "Extra salt will give you a stomach ache."

**9. TRUE or FALSE**

Heart attack warning signs can be easy to ignore.

**10. When blood and oxygen can't get to the heart, the heart tissue begins to \_\_\_\_\_.**

EMPLOYEE NAME \_\_\_\_\_

DATE \_\_\_\_\_

***I understand the information presented in this inservice. I have completed this inservice and answered at least eight of the test questions correctly.***

Employee Signature \_\_\_\_\_

Inservice Credit: 1 hour



Supervisor Signature \_\_\_\_\_

Self Study \_\_\_\_\_

*File completed test in employee's personnel file.*

Group Study \_\_\_\_\_